

**“COMPARISON OF PSYCHIATRIC MORBIDITY AND URINARY
COTININE LEVELS IN TOBACCO USERS”**

By

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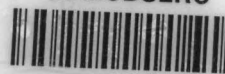
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ABSTRACT

Background and Objective: Tobacco and its various forms are widely used in modern era within diverse age groups by both genders. In our nation where tobacco is easily available, its consumption is prevalent in all socio-economic sections of the society. The harmful effects of tobacco as an etiopathogenic agent are widely acknowledged. Research work on nicotine exposure and psychiatric morbidity is limited. Urinary cotinine level gives precise evidence of nicotine dependence and general health questionnaire -28 enables to gauge mental health of a subject. The aim of the study is to compare psychiatric morbidity and urinary cotinine levels of tobacco users.

Methods: A total number of 25 smokers, 25 tobacco chewers, full filling inclusion and exclusion criteria, were assessed with a control group of 25 subjects not having any habits, were evaluated for psychiatric morbidity and urinary cotinine level measurement. General health questionnaire-28 was applied for all subjects to measure psychiatric morbidity. Reverse phase high pressure liquid chromatography was used for estimation of urinary cotinine level.

Results: The result showed significant difference between tobacco users and control group for urinary cotinine levels and psychiatric morbidity. Psychiatric morbidity (mean) was three times higher in smokers and tobacco chewers when it was compared with control group. Urinary cotinine level (mean) was 401 times higher in tobacco chewers, and 244

times higher in smokers when compared to control groups. Both psychiatric morbidity and urinary cotinine levels were significantly higher in tobacco users compared to control group.

Conclusion: Psychiatric morbidity and urinary cotinine levels are significantly higher in tobacco users in comparison with non-users of tobacco.

Key words: Tobacco, Psychiatric morbidity, Urinary cotinine

